Martial Arts Training and Resource Guide

Introduction to the Guide: This is a resource guide aimed at helping folks learn self-defence and obtain better health. This guide is meant to supplement your training in your free time. It is NOT a substitute for live, hands-on training with experienced coaches and partners in functional, tested and proven martial arts. An effective way to utilize this guide is to watch the related videos before or after you learn a specific technique. This way, you will create a better mind/body connection, understand the strategy behind the technique, and develop muscle memory. In addition to these resources, it is important to do your own research. This is a living document and a work in progress. Most importantly, stay safe, keep each other safe, be dangerous, be a good training partner, be healthy, and train as much as possible.

Introduction to Martial Arts: Everybody has their own opinion on effective martial arts styles, techniques, training, and application. Every martial art has something to offer with different styles and techniques working for different people, mentalities, and body types and against different opponents. No single approach is perfect, instead, a blended combination offers a well balanced and adaptable skill set. With this said, some styles are better than others. Martial arts based on active competition and combat tend to be more effective because they are constantly being tested in a manner similar to the scientific method. The best sport based martial arts (in my opinion and in no particular order) are Mixed Martial Arts, Muay Thai, Kickboxing, Boxing, Jiu-Jitsu, Wrestling, Judo, and Sambo. The best combat/self-defense/"real world" based martial arts (in my opinion and in no particular order) are Krav Maga, Marine Corps Martial Arts, and Kali/Eskrima. Sport based martial arts will teach you proper technique and form. Combat martial arts teach you a survivors mentality, situational awareness, and combat realism. Sport based martial arts fail to teach the full range of combat and condition students to strict rules and controlled environments. Combat based martial arts sometimes assume that your opponent is untrained which holds you to a lower standard or that all scenarios are life or death which can press techniques that are not appropriate for the threat level. The prefered method for self-defense is to train in both sport and combat based martial arts. Any training is better than no training. However, if

you want to make serious improvements in your self-defense capabilities it is recommended that you train 1-3 hours a day, 3-6 days a week. Martial arts should be a lifelong journey.

Fundamentals **(If you are new to martial arts, please watch the videos that apply to your focus before moving on. These will help as you start training at a gym for the first time. Sport based techniques continue below and combat/"real world" techniques are in the Self-Defense section. Each compliment the other)**

- Rules for MMA Beginners: https://www.youtube.com/watch?v=36K-PJq0qAE
- Tips for MMA Beginners: https://www.youtube.com/watch?v=ki91skGgBcI
- MMA Gym Etiquette: https://www.youtube.com/watch?v=qSykSSAPWiQ
- Mixed Martial Arts Crash Course: https://www.youtube.com/watch?v=Q3mqj0S-ECY
- Difference in Fight Stances: https://www.youtube.com/watch?v=pBIHzv3iWGo
- Guard Styles for MMA & Kickboxing: https://www.youtube.com/watch?v=beauey16iv4
- MMA Stance: https://www.youtube.com/watch?v=bqrT232UZDA
- MMA Striking Beginners Course: https://www.youtube.com/watch?v=vXC9KUCoubE&list=PLWqHYO8fTO-8SgqYS7pH2Vj-yB6dDjujB
- Muay Thai Stance: https://www.youtube.com/watch?v=JbK1KofAEcg
- Muay Thai Basics: https://www.youtube.com/watch?v=4tXgtlrDrio
- Kickboxing Beginners Course: https://www.youtube.com/watch?v=EFP9avi3CK4&list=PLWqHYO8fTO-83cCDdTLTpY0pBtmLRXrrR
- How to Wrap your Hands: https://www.youtube.com/watch?v=gy6W7xK9igw
- How to Hold Thai Pads: https://www.youtube.com/watch?v=7BuZvoyputU
- MMA Grappling Beginners Course: https://www.youtube.com/watch?v=li6AQ9mU9YE&list=PLWqHYO8fTO-_oLCdwy0Qy-k3Vji2AAqBb
- Jiu-Jitsu Basics: https://www.youtube.com/watch?v=ZM_8-c1EqOY
- Jiu-Jitsu Basics Part 2: https://www.youtube.com/watch?v=ZM_8-c1EqOY

Striking

Punches

- Jab: https://www.youtube.com/watch?v=OeedpzLRe2E
- 5 Types of Jabs: https://www.youtube.com/watch?v=yKiZEZJQDnA&t=3s
- Jab Mistakes: https://www.youtube.com/watch?v=NR0B21xF3HI
- Cross: https://www.youtube.com/watch?v=aCAcFAVzF-c
- Cross Mistakes: https://www.youtube.com/watch?v=o3k9NNAUwIE
- Lead Hook: https://www.youtube.com/watch?v=gDyxi6IeHTA
- Lead Hook Mistakes: https://www.youtube.com/watch?v=bQMoKGd5OI0
- Uppercut: https://www.youtube.com/watch?v=ZmxyguvPwlo
- 3 types of Uppercut: https://www.youtube.com/watch?v=0mYyUHGBHxY
- Uppercut Mistakes: https://www.youtube.com/watch?v=NR0B21xF3HI
- Hook and Uppercut for Beginners: https://www.youtube.com/watch?v=KsgNqWsVjUE&t=55s
- Jab, Cross, Hook, Uppercut Combo: https://www.youtube.com/watch?v=cG7YnnLmGxg&t=8s
- Overhand: https://www.youtube.com/watch?v=oFzdYw3fHbA&t=4s
- Effective Overhand: https://www.youtube.com/watch?v=6v8HIex-98Y&t=10s
- Overhand Mistakes: https://www.youtube.com/watch?v=9Y5wTroByIs
- Overhand against bigger opponents: https://www.youtube.com/watch?v=HSmFMNfQwZ8
- Liver Punch: https://www.youtube.com/watch?v=2ietLFVFU5Y
- Dirty Boxing: https://www.youtube.com/watch?v=M8rk9M66SKE
- Increase Punching Accuracy: https://www.youtube.com/watch?v=kKoZUOuGsJM
- Increase Punching Speed: https://www.youtube.com/watch?v=s_Q0f5W8QhU&t=5s
- Develop Punching Power (Without Equipment: https://www.youtube.com/watch?v=cgnoPibQ7-c
- Stop Telegraphing Punches: https://www.youtube.com/watch?v=XmKrdndYR_s
- Hand Trapping: https://www.youtube.com/watch?v=mkwmFIA3_us&t=3s

Kicks

- Low Kicks for MMA: https://www.youtube.com/watch?v=AbpEgk26hL0&t=144s
- 5 Types of Low Kicks: https://www.youtube.com/watch?v=QCYJfFOSClo

- Correctly Throw Muay Thai Leg Kick: https://www.youtube.com/watch?v=h9nllzgXWIc
- Calf Kicks: https://www.youtube.com/watch?v=5KWhnR5sht8
- 5 Types of Roundhouse Kicks: https://www.youtube.com/watch?v=BtnwY-j091A&t=1s
- Roundhouse Mistakes: https://www.youtube.com/watch?v=Bp_QVO7kYtg
- Lead Switch Kick: https://www.youtube.com/watch?v=Hl4xhjTzT08
- How to Land Head Kick: https://www.youtube.com/watch?v=xCWRe_ugJfI
- Teep/Push Kick: https://www.youtube.com/watch?v=IzNJ_IYrDKw
- Oblique Kick: https://www.youtube.com/watch?v=6Lpf1vwr658
- Better Accuracy and Control: https://www.youtube.com/watch?v=0VZJTifiTXM
- Better Chamber for Better Kicks: https://www.youtube.com/watch?v=ax4FJ6eQAwA

Knees and Elbows

- Knee Guide: https://www.youtube.com/watch?v=s3XTFR1ihBY&t=50s
- Knee Mistakes: https://www.youtube.com/watch?v=_gWEEfSuRmE&t=241s
- Legend Teaches Knees: https://www.youtube.com/watch?v=BJZHr9kUP5Q&t=4s
- Flying Knees: https://www.youtube.com/watch?v=FI7WII1opxc&t=1s
- Drills for Powerful knees: https://www.youtube.com/watch?v=uy3YWrcDCkg&t=3s
- Horizontal Elbow: https://www.youtube.com/watch?v=9ptKKNNzKtQ
- Cut Down Elbow: https://www.youtube.com/watch?v=AFBOXPAEUmc
- Uppercut Elbow: https://www.youtube.com/watch?v=rkju0EBKY7s
- Spear Elbow: https://www.youtube.com/watch?v=-7J1dmnnabQ
- Vertical Elbows: https://www.youtube.com/watch?v=KZy7lRB_5Tc
- Spinning Elbow: https://www.youtube.com/watch?v=VDeNG4hucYU
- Elbow Mistakes: https://www.youtube.com/watch?v=b2EaxgTDWZc
- Beginner to Advance Elbow Training Guide: https://www.youtube.com/watch?v=KcEw1_uobLQ

Footwork and Angles

- Footwork Basics: https://www.youtube.com/watch?v=7Cwb-lzzv1A
- Closing the Distance: https://www.youtube.com/watch?v=gZ6w8_c_ymQ&t=4s
- Punch While Moving: https://www.youtube.com/watch?v=qSKaGSiq4k8&t=5s

- MMA Footwork Diagram: https://www.youtube.com/watch?v=dJNTNXicacU
- Advance MMA Footwork: https://www.youtube.com/watch?v=rgvPJsygNyo&t=254s

Grappling Offense

Clinch

- Dominating Clinch: https://www.youtube.com/watch?v=SD2PvP-jVds&t=6s
- For MMA: https://www.youtube.com/watch?v=CiMb_OCRbH0&t=40s
- How to Enter Clinch: https://www.youtube.com/watch?v=g7cBp9TnMwI&t=1s
- Ultimate Clinch Tutorial: https://www.youtube.com/watch?v=rYmDwDnjXCE&t=240s
- Drills for Stronger Clinch: https://www.youtube.com/watch?v=n0GlUfJuoq8
- Wrestling Snap Down: https://www.youtube.com/watch?v=ajBnXdjbeSc
- Snap Down to Cow Catcher w/ Neck Crank: https://www.youtube.com/watch?v=jW3ogX-bkIY
- Framing and Posting: https://www.youtube.com/watch?v=WuD7pDZzBe0&t=3s
- Push Opponent Off Balance: https://www.youtube.com/watch?v=UMH-oEnu04w&t=1s

Takedowns

- Jiu-Jitsu Takedowns: https://www.youtube.com/watch?v=E8a9RGU_Ea0
- Simple and Effective Takedowns: https://www.youtube.com/watch?v=ShhErYDUie4
- 3 No-Gi Takedowns: https://www.youtube.com/watch?v=57pBqAm3NIQ
- Wrestling Stance for MMA: https://www.youtube.com/watch?v=KnICbiC9744
- Wrestling Shot for Takedowns: https://www.youtube.com/watch?v=yVBGCOEvpMs
- Set Up Double Leg: https://www.youtube.com/watch?v=lshb_fPVq9A
- Double Leg Tip: https://www.youtube.com/watch?v=gyoEYSBwALc&t=17s
- Double Leg Mistakes: https://www.youtube.com/watch?v=ocLOphmR8Vw&t=33s
- Single Leg: https://www.youtube.com/watch?v=1EHD_JzXx20
- Low Single: https://www.youtube.com/watch?v=1Q2bpt9CqZs
- High Crotch Single: https://www.youtube.com/watch?v=V7AR8JkqPHY

- High Crotch Slam: https://www.youtube.com/watch?v=7gs0QEX6flc
- Against the Cage/Wall: https://www.youtube.com/watch?v=dufyqg8YkGE
- Takedowns and Counters: https://www.youtube.com/watch?v=2aeSiI10oFg
- Takedown Chains: https://www.youtube.com/watch?v=ix1zC7udPmc
- Takedowns from the Muay thai Clinch: https://www.youtube.com/watch?v=oQhqoXG2zfY
- Body Lock Throw: https://www.youtube.com/watch?v=FfCuXtCPuN4
- Judo Throws for MMA: https://www.youtube.com/watch?v=v9MFC51LOoE&t=34s
- Takedowns and Throws Playlist: https://www.youtube.com/watch?v=8uaFGdlYwOw&list=PLyknAhj6gPvLK2iI8B7YMYamY406VP0KF

Positions

- What to Focus on as a Beginner: https://www.youtube.com/watch?v=khd9tFAyIyQ
- Passing the Guard: https://www.youtube.com/watch?v=TPjKqHQzM-U
- Basic Guard Passes: https://www.youtube.com/watch?v=7v_M_ea_7Ik
- Guard Passing Mistakes: https://www.youtube.com/watch?v=y_XH2Qknulo
- Guard Pass Playlist: https://www.youtube.com/watch?v=2Amx4qFEGIA&list=PLyknAhj6gPvJ_UhwWlANnjNCEn3ndaJZc
- Half Guard Playlist: https://www.youtube.com/watch?v=XMfbu5VR2kE&list=PLyknAhj6gPvIVDJB19J2N2eed8xAjvlAz
- Side Control: https://www.youtube.com/watch?v=iZAs-ZrjsdQ
- Knee on Belly: https://www.youtube.com/watch?v=3p-6MUsIy90
- Maintaining Knee on Belly: https://www.youtube.com/watch?v=NyzW4WqjqPc
- Knee Mount Playlist: https://www.youtube.com/watch?v=UXp_bP9pP5A&list=PLyknAhj6gPvLRpAr7MlJ9vuKrvFedyXFg
- Mount: https://www.youtube.com/watch?v=Wy6Si0FuQaU
- Taking the Back: https://www.youtube.com/watch?v=0vy0zPYLMaM
- Control in Back Mount: https://www.youtube.com/watch?v=hA8gVsyu_FU

Submissions

- First Five Submissions You Need to Know: https://www.youtube.com/watch?v=hY35pBOfSNk
- Submissions You Should Know: https://www.youtube.com/watch?v=LW7YReICdLc
- Submissions From Closed Guard: https://www.youtube.com/watch?v=SZmnh7yZlOw
- No-Gi Chokes: https://www.youtube.com/watch?v=KI5bFWpySVE
- Submissions from Side Control: https://www.youtube.com/watch?v=wVSLLFxix3g
- Guillotine Choke: https://www.youtube.com/watch?v=1c8EsunL1LM
- Standing Guillotine: https://www.youtube.com/watch?v=dFOtP7-8vN0
- Make Your Guillotine Tighter: https://www.youtube.com/watch?v=SaRY5r6N1wc
- Rear Naked Choke: https://www.youtube.com/watch?v=jDaq6Fu1vGc
- Standing RNC: https://www.youtube.com/watch?v=QAarl0FjfGw
- RNC Playlist: https://www.youtube.com/watch?v=q0iU4pS61Qo&list=PLyknAhj6gPvLpTO1eMT6MjMy6STP-oO0g
- Triangle Choke: https://www.youtube.com/watch?v=IwN-E7LO3bM
- Triangle Choke for Short Legs: https://www.youtube.com/watch?v=LDE0fkzZT6I
- Chokes Playlist: https://www.youtube.com/watch?v=__qQwoLET2E&list=PLyknAhj6gPvKaBHSgMswzaroreNxgjPmw
- Arm Bars 101: https://www.youtube.com/watch?v=dZESvUe10-w
- Arm Bar Playlist: https://www.youtube.com/watch?v=ZOlNtDJ60DY&list=PLyknAhj6gPvJxnDJ7u8Jt2Z1JEmr3FBIT
- Americana from Side Control: https://www.youtube.com/watch?v=Zhh4W24rwrw
- Americana from Mount: https://www.youtube.com/watch?v=VOiFJf8VrZI
- Americana Mistakes: https://www.youtube.com/watch?v=JvmL30gM-FE
- Kimura from Guard: https://www.youtube.com/watch?v=mVkKOPNGvjA
- Kimura Playlist: https://www.youtube.com/watch?v=29JtQffs-yA&list=PLyknAhj6gPvIFUojoFxj1xqak4UiXAdmI

Ground and Pound

- Ground and Pound for MMA: https://www.youtube.com/watch?v=MIweH43x8zo

- Ground and Pound Tricks: https://www.youtube.com/watch?v=garIkRFVAQ0
- Striking from your Back (Guard): https://www.youtube.com/watch?v=rFEwpnfu2L4
- Ground and Pound Tactics and Drills: https://www.youtube.com/watch?v=YpM-HXe8QJQ

Striking Defence

Against Punches and Elbows

- Against Punches: https://www.youtube.com/watch?v=AjG4bfovk4o
- Punches to the Head: https://www.youtube.com/watch?v=ZaGDRvmLXEM&t=3s
- Parry: https://www.youtube.com/watch?v=USpogiEubRM
- The Jab: https://www.youtube.com/watch?v=Mvna5SnxM7k&t=4s
- The Cross: https://www.youtube.com/watch?v=3YqqrARF0LE&t=5s
- 5 Ways to Defend the Jab, Cross: https://www.youtube.com/watch?v=BbFTh5QaOBw
- Body Punches: https://www.youtube.com/watch?v=8ngdo-q2WiA&t=3s
- Elbows: https://www.youtube.com/watch?v=CZ5Z6ZPFbuc&t=9s
- Four Ways to Block Elbows: https://www.youtube.com/watch?v=m_He8pU-QDk
- No Flinch Boxing Drill: https://www.youtube.com/watch?v=1k3FzT1_d4Y&t=3s

Against Kicks and Knees

- Low Kick Defense: https://www.youtube.com/watch?v=YSRmPDWYXKU
- Checking Kicks: https://www.youtube.com/watch?v=ZP46jUtX2M0
- Body Kicks: https://www.youtube.com/watch?v=_Ye8xaveOic&t=4s
- Head Kicks: https://www.youtube.com/watch?v=Nv5AVzL_JGI
- Oblique Kicks: https://www.youtube.com/watch?v=YgVu12ofnmI
- Teeps: https://www.youtube.com/watch?v=kfmO67CN7fY&t=2s
- How to Dodge Kicks: https://www.youtube.com/watch?v=VdivZr3PeFg
- Clinch Knees: https://www.youtube.com/watch?v=AfUVtK97FPI

Ducks, Slips, and Head Movement

- Head Movement for Boxing: https://www.youtube.com/watch?v=AcmEyqHZO10
- 8 Secrets to Head Movement: https://www.youtube.com/watch?v=bt5WLwy_YIY&t=426s

- Beginner Problems With Head Movement: https://www.youtube.com/watch?v=xQ6vTjTreII
- Head Movement Drill: https://www.youtube.com/watch?v=YWCByDOFuYM&t=6s
- Faster Head Movement: https://www.youtube.com/watch?v=ooMjhFToGQw

Footwork, Avoidance, Angles

- Improve your Footwork: https://www.youtube.com/watch?v=Ll2lBt4oIs4
- Defensive Angles with Boxing Footwork: https://www.youtube.com/watch?v=K7DGN4lp_8w
- Point-Style Footwork: https://www.youtube.com/watch?v=e0U3aS2555U
- Lateral Movement Drill: https://www.youtube.com/watch?v=5ocRb1B_NC0&t=7s
- Footwork/Timing Drill: https://www.youtube.com/watch?v=LqxyLF-E5qQ&t=3s

Counters

- Boxing Counter Punches: https://www.youtube.com/watch?v=dzV2OZuJb_Q
- Countering the Jab: https://www.youtube.com/watch?v=hKi5oYLwy2s
- Muay Thai/MMA Counters: https://www.youtube.com/watch?v=59bUFrEgn54
- How to Land Clean Counters: https://www.youtube.com/watch?v=ocJQnnkNN74
- Against Big Punchers: https://www.youtube.com/watch?v=OaNe5gQRrjA
- The Long Guard for Distance and Counters: https://www.youtube.com/watch?v=Cw33t2U9U8c
- Drill for better Counter Punching: https://www.youtube.com/watch?v=3OBdxTQIB0g

Grappling Defense

Clinch

- Blocking the Clinch: https://www.youtube.com/watch?v=gCJhAvtJCgY
- Kill Your Opponents Clinch: https://www.youtube.com/watch?v=zLv-7Haz_Z4
- How to Break the Thai Clinch: https://www.youtube.com/watch?v=93unAfZVk9c

Takedowns

- Takedown Defense: https://www.youtube.com/watch?v=WILqLQNL7w4

- Sprawl: https://www.youtube.com/watch?v=WntaiSj8HE8
- Using the Guillotine: https://www.youtube.com/watch?v=R-ACsIv5Bpw
- Submissions Against Single Leg: https://www.youtube.com/watch?v=Ttp94Iv1p8Q
- Using a Punch: https://www.youtube.com/watch?v=0cdw9_7EGo4&t=1s
- Intercepting Knees: https://www.youtube.com/watch?v=rW7vvwWsufQ
- Headlock Defense: https://www.youtube.com/watch?v=-70kic2RBI8
- As a Striker: https://www.youtube.com/watch?v=nAQlwOCdswM&t=181s

Positions

- Punch Proof Positions: https://www.youtube.com/watch?v=EtRjeYm90kA
- Basic Guards: https://www.youtube.com/watch?v=3qHLEFOKi_k
- Guard Pass Prevention Playlist: https://www.youtube.com/watch?v=uAjBy96dVpg&list=PLyknAhj6gPvKRTSsmFFItEri5JXtDzBYq
- Defend Against Punches from Guard: https://www.youtube.com/watch?v=fTmrm5xbL6g
- 3 Types of Open Guard: https://www.youtube.com/watch?v=rGyQy2dscso
- Half Guard for Defense: https://www.youtube.com/watch?v=RfKBwGXyHpI
- Escaping Side Control: https://www.youtube.com/watch?v=S_vtppaNxoc
- Mount: https://www.youtube.com/watch?v=pw_9ZZLkkNI
- Defend Against Punches from Mount: https://www.youtube.com/watch?v=CMNZ8eTnFYU
- Back Mount Escapes: https://www.youtube.com/watch?v=rHr_Xge5eIw
- Front Headlock Escape: https://www.youtube.com/watch?v=70b7Y8YbuRI
- First Four Sweeps to Learn: https://www.youtube.com/watch?v=qp5AXBHxQec
- Closed Guard Sweeps: https://www.youtube.com/watch?v=HHs1ftjayUw
- Guard Sweep Playlist: https://www.youtube.com/watch?v=9cDA8S6Om_g&list=PLyknAhj6gPvIUnIvKqpOCprfe7EgjqI7V
- Sweeps Against Standing Opponent: https://www.youtube.com/watch?v=FoIUnpm5Kmc

Submission Defense

- Guillotine: https://www.youtube.com/watch?v=PPV9k8PTHyU
- Standing Guillotine: https://www.youtube.com/watch?v=-_Hnlh_Tj7E
- Escaping RNC: https://www.youtube.com/watch?v=JR2e0IsqhrQ

- Standing RNC: https://www.youtube.com/watch?v=PSuAi7ZLzCI
- Triangle Choke: https://www.youtube.com/watch?v=szAvJFvIzx4
- Arm Bars: https://www.youtube.com/watch?v=RDlDO3DipSU
- Kimura: https://www.youtube.com/watch?v=P8PIndgVg1U
- Americana Counters: https://www.youtube.com/watch?v=CixH-SzPI5w
- 29 Submission Escapes: https://www.youtube.com/watch?v=09WKJb8adxw

Self-Defence/"Real World"/Combat

Basics

- Verbal De-Escalation: https://www.youtube.com/watch?v=4qsfBCatgX8
- De-Escalation Skills: https://www.youtube.com/watch?v=MOeuoNP-fyQ
- Verbal Judo Seminar: https://www.youtube.com/watch?v=btBw70HAys4
- Restraints for Teachers: https://www.youtube.com/watch?v=4l6FgtFfu-8
- Restraining Techniques for Bouncers Playlist: https://www.youtube.com/watch?v=vf01JvyEBYs&list=PLVr4TPfvF0gRDYvh__DH7oyFF9nvnrWSZ&index=3
- Overcoming Fear: https://www.youtube.com/watch?v=bg29dyVc-C0
- How to Stay Calm: https://www.youtube.com/watch?v=TrXw9hHxxQ0
- How to Build Confidence: https://www.youtube.com/watch?v=pcdpWc1iG5A
- Pacing Yourself: https://www.youtube.com/watch?v=RvggGZJ7dP8&t=3s
- Breathing Techniques: https://www.youtube.com/watch?v=kdLCzIY568g
- Tips for First Street Fight: https://www.youtube.com/watch?v=f_8SrF6NTVw
- Basic Self-Defence Tips: https://www.youtube.com/watch?v=SvRRb3kbKjQ
- Moves Everyone Should Know: https://www.youtube.com/watch?v=lomt1lOLDgA
- What You Should NEVER Do Before a Fight: https://www.youtube.com/watch?v=cO6kc-8i-hU
- Common Self-Defense Mistakes: https://www.youtube.com/watch?v=aH6D3ujUS7U
- Street Fight Mistakes: https://www.youtube.com/watch?v=dZ9w3GqNyRM
- Worst Self-Defense Moves: https://www.youtube.com/watch?v=bgk8vVU8Aq0
- Don't Throw Kicks in a Street Fight: https://www.youtube.com/watch?v=lmTWFG-0iig

- Defence Against Common Street Fighting Tactics: https://www.youtube.com/watch?v=GPSV3tg9Wig

Common Techniques

- Guard (How to Hold Your Hands): https://www.youtube.com/watch?v=edoOw4w3UN0
- How to Block in Street Fight: https://www.youtube.com/watch?v=9n3UXiEuD3Q
- Defense Against Most Common Punch: https://www.youtube.com/watch?v=LN8xKzjL_zk
- Sucker Punch Defence: https://www.youtube.com/watch?v=MIweH43x8zo
- How to Take a Punch to the Face: https://www.youtube.com/watch?v=tpc01uQtZjI
- How to Stop Flinching/Looking Away When Getting Punched: https://www.youtube.com/watch?v=bHeOOJqC4EE
- How to Throw a Knockout Punch: https://www.youtube.com/watch?v=JOAenBM02Og
- Secret to Landing Knockout Punch: https://www.youtube.com/watch?v=gztdho6BRbk
- Attack from Behind: https://www.youtube.com/watch?v=NXZqY1jN9J4
- Defense Against Grabs from Behind: https://www.youtube.com/watch?v=vfMHgEODn6k
- Defense Against Wall Pins: https://www.youtube.com/watch?v=ogRbDRCGGeU
- Headlock Defense: https://www.youtube.com/watch?v=UqgkJwPEB04
- Escape Against Headlock on the Ground: https://www.youtube.com/watch?v=Zyz3YY00n14
- Eye Strike in Street Fight: https://www.youtube.com/watch?v=lWk35E5n9fU
- Thumb Eye Gouge: https://www.youtube.com/watch?v=FsKG1q_Bpr0
- 5 Ways to Throat Strike: https://www.youtube.com/watch?v=lfwohFXeSCQ
- Palm Strikes: https://www.youtube.com/watch?v=Gm0SyEqc7ns
- Groin Strike: https://www.youtube.com/watch?v=_k1yvZ_St-I
- Defend Against Groin Strike: https://www.youtube.com/watch?v=wg3rYhfLzI4
- Headbutts for Self-Defense: https://www.youtube.com/watch?v=_mx9PZpP8_s
- How NOT to Headbutt: https://www.youtube.com/watch?v=a4y52DqkbY0

- Defend Against Headbutt: https://www.youtube.com/watch?v=LU4wGzOYfmw
- Pros and Cons to Body Shots: https://www.youtube.com/watch?v=jtFdbA5Y_9Y
- Effective Body Shots: https://www.youtube.com/watch?v=bPAbccG6Hmk
- Blocking and Countering: https://www.youtube.com/watch?v=saKiJyK-kWY
- Block/Counter for Street Fight KO: https://www.youtube.com/watch?v=1Vt_MxVHQN4&t=312s
- Win Fights Easier and "Legally": https://www.youtube.com/watch?v=Ud2yo_sAQbg
- Bare Knuckle Boxing for Self-Defense Playlist: https://www.youtube.com/watch?v=CBYeSr5minM&list=PLHzzC4jJ1EZcvV_sN2uEkZV3G50e0T_tp
- Kicks for Self-Defense Playlist: https://www.youtube.com/watch?v=1XNYMEgSSbc&list=PLHzzC4jJ1EZfQOlRwQZkt1apLQpL0t3L_

Scenarios

- How to Fight Larger Opponents: https://www.youtube.com/watch?v=8HgoLLezD14
- Fighting Taller Opponents: https://www.youtube.com/watch?v=NCPQOPtJwOA
- Closing the Range for Shorter Fighters: https://www.youtube.com/watch?v=LKia0iCdHcE

Striking for Self- Defense

- Muay Thai Clinch for Self-Defense: https://www.youtube.com/watch?v=QT39Y3kkFVw
- Muay Thai Clinch for Headbutt/Eye Gauge: https://www.youtube.com/watch?v=VlGlS_Ypz4w
- Dominating Clinch: https://www.youtube.com/watch?v=f5dzRDm58JA
- Muay Thai for Self-Defense Playlist: https://www.youtube.com/watch?v=XcRp7f4yjUQ&list=PLHzzC4jJ1EZfjSU_WbdPLxr9gKnCbI5nt
- Kali Empty Hand Playlist: https://www.youtube.com/watch?v=8JJnWngEiJI&list=PLYsd9yakcZDov6AgUF1mI4M1jdXmtdisZ

- Krav Maga Intro Course: https://www.youtube.com/watch?v=jMMX9AuBiFc&list=PL59sCVifcXA3z_5J8P8GlVZsp4od-5gnR

Grappling For Self-Defense

- Technical Standup (getting back to your feet) Playlist: https://www.youtube.com/watch?v=7lEq4u7wDyw&list=PLyknAhj6gPvJxXqFhNIixBVblFTPFjVXQ
- Sweeps Against Standing Opponent: https://www.youtube.com/watch?v=FoIUnpm5Kmc
- Self-Defence Takedowns: https://www.youtube.com/watch?v=mkZ6YMHYzGc&t=213s
- Judo in the Street: https://www.youtube.com/watch?v=mZHqUA6qXLY
- Street Fight Ground and Pound: https://www.youtube.com/watch?v=O_AoViCjUxA
- Standing RNC for Self-Defense: https://www.youtube.com/watch?v=G_SxcpcbaXo
- Defend Against Standing RNC: https://www.youtube.com/watch?v=BqooggN3QCY
- Basic Self-Defense Chokes: https://www.youtube.com/watch?v=LOCafQOfeWQ
- BJJ for Self-Defence Playlist: https://www.youtube.com/watch?v=wCj0IfpFjqY&list=PLyknAhj6gPvJ9--yUmi94O7G444R_ikCF
- BJJ for Bigger/Stronger Opponents Playlist: https://www.youtube.com/playlist?list=PLyknAhj6gPvJE1wVYlbZ8jZDclBfi9wtY

Multiple Attackers and Weapons

- Fighting w/ a Flashlight: https://www.youtube.com/watch?v=uCCa_aQSNnY
- How to Use Pepper Spray: https://www.youtube.com/watch?v=gJuOJfbVlLU
- Multiple Attackers: https://www.youtube.com/watch?v=nNtCUe5Eyll&t=394s
- Dealing with Multiple Attackers: https://www.youtube.com/watch?v=_8ag8qT78A4
- Using the Clinch Against Multiple Attackers: https://www.youtube.com/watch?v=VZyxxipb1Mg

- Multiple Attackers Playlist: https://www.youtube.com/watch?v=i0UzEofB35s&list=PLVqpNjvW3LEEl5VqmfYiRqq2wDQFs6Mjf
- Reality of a Knife Attack: https://www.youtube.com/watch?v=E61jnJe_1SI
- 20 Knife Defense Lessons: https://www.youtube.com/watch?v=BoLwcjQNwZI
- Knife Defense Playlist: https://www.youtube.com/watch?v=MCkZN7PvPcg&list=PLUKrZ9evwtjw5t2bktSLVzQrOdITcoL2p
- Defense Against Baseball Bat: https://www.youtube.com/watch?v=wkwu-82daC4
- Defense Against Hammers, Crowbars, Bats, etc…: https://www.youtube.com/watch?v=3WdTwMw0DIc
- Weapons Defense Playlist: https://www.youtube.com/watch?v=MbY7pqz3np0&list=PLUKrZ9evwtjyNZVXs1oIBz2z1tnOnaJNw&index=1
- Weapons for Self-Defense: https://www.youtube.com/watch?v=rkkOUk6TdC0&list=PLsBDq0lkup42KXqO0o3gHSrCF77EBHOnD
- Weapons Against Multiple Attackers: https://www.youtube.com/watch?v=AYRTBt-UCzg
- Kali Single Stick Basics Playlist: https://www.youtube.com/watch?v=p1qKCx4HCrw&list=PLYsd9yakcZDr13AHqz7T1oF8d1jhD74nO

Misc.

- Self-Defense Drills: https://www.youtube.com/watch?v=VC1-vgMh2l0&list=PLsBDq0lkup41ILIJ0Iu3Q4TbOcSiF5D1u
- Hard 2 Hurt (Self-Defense/Martial Arts Channel): https://www.youtube.com/c/hard2hurt
- Bas Rutten's Surviving a Street Fight: https://www.youtube.com/watch?v=WPYCObKVNsg
- S.P.E.A.R. System: https://www.youtube.com/watch?v=nSKfYqJUXvo
- Bouncer Tips: https://www.youtube.com/watch?v=7OUtUe9_-AA&list=PLsBDq0lkup4196qBzLZwkX8kC-NHAzgVQ

Strength, Conditioning, and Health

Nutrition

- Nutrition for Athletic Performance: https://www.youtube.com/watch?v=krIgKr3IC7s
- Healthiest Vegetables: https://www.youtube.com/watch?v=zjJBh4a5BeQ
- Best Protein Sources: https://www.youtube.com/watch?v=zKTgFXqVg04
- Carbs for Fighters: https://www.youtube.com/watch?v=d54El5IOB8o
- Healthy Fats: https://www.youtube.com/watch?v=F9OT6aBLaOg
- Healthiest Herb and Spices: https://www.youtube.com/watch?v=adKMIufPzuE
- Healthiest Foods: https://www.youtube.com/watch?v=VUyEPf-IvdM
- Most Unhealthy “Health” foods: https://www.youtube.com/watch?v=IZihRNJqyH4
- Diet for Lean Muscle Growth: https://www.youtube.com/watch?v=oPRrl-ZhrJQ
- Muscle Building Foods: https://www.youtube.com/watch?v=dinpkrcpKAk&t=338s
- Losing Weight the Healthy Way: https://www.youtube.com/watch?v=wqjrLYmk_o8
- Weight Cut Nutrition (for weight based competition): https://www.youtube.com/watch?v=zvof7Q9lZAI
- Healthy Meals for Fighters: https://www.youtube.com/watch?v=tSGmmwX3Xhs
- Breakfast for Fighters: https://www.youtube.com/watch?v=ELn2sqTZgTU
- Lunch for Fighters: https://www.youtube.com/watch?v=Ve_o_XZGuZo
- Dinner for Fighters: https://www.youtube.com/watch?v=-Tf2dhace1U
- Vegan Ironman Diet: https://www.youtube.com/watch?v=JaS2ZNlp7oQ
- High Protein Vegan Meal Prep: https://www.youtube.com/watch?v=P_wD2zydD_g

Conditioning

- Knuckle Conditioning: https://www.youtube.com/watch?v=AjG4bfovk4o
- Shin Conditioning: https://www.youtube.com/watch?v=Lg8P882sgA4
- Body Conditioning: https://www.youtube.com/watch?v=tYPvRYb4l2E&t=4s

Strength

- Tips for Gaining Size and Strength: https://www.youtube.com/watch?v=8D6IFS_d1qw
- MMA Bodyweight Workout: https://www.youtube.com/watch?v=7ZtWQFFnWI8

- Pro MMA Strength and Conditioning: https://www.youtube.com/watch?v=J2gy_hVge8I
- Intense MMA Workout Routine: https://www.youtube.com/watch?v=HcH1xmF7hJ0
- Upper Body Workout: https://www.youtube.com/watch?v=Efui0nIGRtM
- Core/Abs Workout: https://www.youtube.com/watch?v=aKe7V1o5F10
- Core Workout w/ Medicine Ball: https://www.youtube.com/watch?v=FKKcsqCFmSY&t=4s
- Weight Lifting Exercises: https://www.youtube.com/watch?v=LxqIVtm2pPc
- Strength Training for MMA: https://www.youtube.com/watch?v=aNEMIxVxByI
- Strength Training Myths for Striking: https://www.youtube.com/watch?v=LfL8Dhv8Ma8
- Conditioning for Grappling Playlist: https://www.youtube.com/watch?v=V00s2YbZoiM&list=PLyknAhj6gPvL3yPQT5fopXyfstD28Dc0s

Cardio, Endurance, and Mobility

- Lower Body Workout for Agility/Footwork: https://www.youtube.com/watch?v=3GtZqlgbLYs
- Sprint Exercises: https://www.youtube.com/watch?v=agXRgejC7vk
- Exercises to Increase Stamina: https://www.youtube.com/watch?v=iiSUetsmWao
- Endurance Exercises: https://www.youtube.com/watch?v=IDBzpbvIPCA
- Muscle Endurance Exercises: https://www.youtube.com/watch?v=xZR7YEzlx4w
- Leg Workout for Endurance: https://www.youtube.com/watch?v=DgWQRksEGWw
- Martial Arts Stretching Tutorial: https://www.youtube.com/watch?v=0qeAaRYcpMo
- Yoga For Martial Arts: https://www.youtube.com/watch?v=ouX4R5JRgmk
- Stretching for High Kicks: https://www.youtube.com/watch?v=5v0wgJTqSaY
- Joint Stability Exercises: https://www.youtube.com/watch?v=EZePIytHwe8&t=106s

Queer

- Trans Femme: https://www.youtube.com/results?search_query=trans+fitness+mtf

- Trans Masc: https://www.youtube.com/results?search_query=trans+fitness+ftm

Fitness Channels and Playlists

- The Bioneer/Adam Sinicki (Functional Fitness): https://www.youtube.com/channel/UCIh_TPYPqjJuS_-nOfAIlfg
- Phil Daru (MMA Strength and Conditioning Coach): https://www.youtube.com/user/TheDaruDiet
- Athlean-X/Jeff Cavaliere (Science based Fitness): https://www.youtube.com/user/JDCav24

Supplements

- Reasons To/Not To Take Supplements: https://www.youtube.com/watch?v=sREg8GrkPio
- Protein Powder Explained: https://www.youtube.com/watch?v=42PTdcxTfpc
- Creatine Explained: https://www.youtube.com/watch?v=7wXetcdqiz0
- Supplements for MMA Performance: https://www.youtube.com/watch?v=xMhaNNVCOoU
- Supplements for Fighters: https://www.youtube.com/watch?v=waHRe91yPsY

Fights!

- One Championship (MMA, Muay Thai, & Kickboxing): https://www.youtube.com/playlist?list=PLdDyfUJCwu0IN9vMUDNraV2Rd_W1SayH-
- AXS Fights of the Week (MMA & Muay Thai): https://www.youtube.com/playlist?list=PLThYsnD7bl17DFbJ1HLLnEUuw6hzJK5Ov
- Max Muay Thai: https://www.youtube.com/channel/UCxTrRJip2yBlESWZu5v0wKQ
- Glory Kickboxing: https://www.youtube.com/user/gloryworldseries
- Lawrence Kenshin Fighter Analysis/Breakdowns: https://www.youtube.com/user/LawrenceKenshin/featured
- International Brazilian Jiu-Jitsu Federation: https://www.youtube.com/user/ibjjf/videos
- Streetbeefs (semi/untrained fighters): https://www.youtube.com/user/yungxcraven/videos?view=0&sort=dd&shelf_id=2

- King of the Streets: (Semi Trained, European Football Hooligans): https://www.youtube.com/c/KINGOFTHESTREETS
- YouTube Street Fights (Street fights look and feel different than competition fights. It is important to note that many fights caught on video are the result of ego/bravado and play out in a different manner than targeted attacks. **C.W.** street fights tend to be more violent than competition fights and many show racist, sexist, and anti-queer acts and language. Know your limits and take self/community-care if need be): https://www.youtube.com/results?search_query=street+fight
- Street Fight/Self-Defense Analysis: https://www.youtube.com/watch?v=MpeSMYSgzGg&list=PLUKrZ9evwtjw19uWYCMXHBhjymAdVf88J